What Is Claimed Is:

1. An apparatus for improving a swing of an individual, comprising:

(a) a shaft having an upper portion, a lower portion and a central portion extending therebetween and defining a longitudinal axis;

(b) a member slidably mounted with respect to the central portion of the shaft and adapted and configured for movement between the upper portion and the lower portion of the shaft

(c) first means located in the upper portion of the shaft for preventing the slidable member from sliding over the upper portion of the shaft;

(d) retaining means associated at least in part with the first means, said retaining means functioning to restrain axial movement of the slidable member along the shaft until a pre-selected restraining force is overcome; and

(e) second means located at the lower portion of the shaft for preventing the slidable member from becoming disassociated from the shaft.

2. An apparatus according to claim 1, wherein the slidable member has a center of mass which is offset from the central axis of the shaft.

3. An apparatus according to claim 1, further comprising means for preventing the weight member from rotating about the shaft axis when the weight member is sliding axially along the central portion of the shaft.

4. An apparatus according to claim 1, wherein the retaining means includes a clip extending from the first means.

5. An apparatus according to claim 1, wherein the retaining means includes one or more magnetic elements positioned within the slidable member and a magnetically responsive structure associated with said first means.

6. An apparatus according to claim 1, wherein the retaining means includes one or more magnetic elements positioned within the first means and a magnetically responsive structure associated with said slidable member.

7. An apparatus according to claim 1, wherein the slidable member includes a cover and a hollow region, and wherein said cover includes a plurality of flaps for accessing the hollow region within said slidable member.

8. An apparatus according to claim 1, further comprising an amount of ballast positioned within said slidable member, wherein said amount of ballast may be adjusted by adding or removing ballast from said slidable member.

9. An apparatus according to claim 1, wherein said second means includes a lower retainer, a shock busing and a dampener housing.

10. An apparatus according to claim 1, wherein the swing relates to a sport selected from the group consisting of golf, baseball, tennis, hockey and field hockey.

11. An apparatus according to claim 1, further comprising a lighting element associated with said second means, said lighting element being illuminated in response to said slidable member moving into contact with said second means.

12. An apparatus according to claim 1, further comprising a sound-emitting element associated with said second means, said sound-emitting element being actuated in response to said slidable member moving into contact with said second means

13. An apparatus for improving a swing of an individual, comprising:

(a) a shaft that defines a longitudinal axis;

(b) an upper retainer that is positioned at a first location relative to said shaft;

(c) a lower retainer that is positioned at a second location relative to said shaft;

(d) a slidable member that is mounted with respect to said shaft for movement between said upper retainer and said lower retainer; and

(e) a retaining mechanism associated at least in part with said upper retainer member, said retaining mechanism functioning to retain said slidable member in juxtaposition with said upper retainer member until a predetermined force is effected through swinging of said shaft.

14. An apparatus according to claim 13, wherein said retaining mechanism includes magnetic elements positioned within said slidable member and a magnetically responsive structure being associated with said upper retainer.

15. An apparatus according to claim 14, wherein the position of said magnetic elements is repositionable within said slidable member so as to adjust said predetermined force.

16. An apparatus according to claim 14, wherein the amount of magnetic elements positioned within said slidable member may be adjusted by accessing the magnetic elements through a flap formed in a cover associated with said slidable element.

17. An apparatus according to claim 13, wherein said retaining mechanism includes magnetic elements positioned within said upper retainer and a magnetically responsive structure being associated with said slidable member.

18. An apparatus according to claim 13, further comprising a lighting element associated with said lower retainer, said lighting element being illuminated in response to said slidable member moving into contact with said lower retainer.

19. An apparatus according to claim 13, further comprising a sound-emitting element associated with said lower retainer, said sound-emitting element being actuated in response to said slidable member moving into contact with said lower retainer.

20. A method for improving a swing of an individual, comprising:

(a) providing a swing training apparatus, said swing training apparatus including:

(i) a shaft that defines a longitudinal axis;

(ii) an upper retainer that is positioned at a first location relative to said shaft;

(iii) a lower retainer that is positioned at a second location relative to said shaft;

(iv) a slidable member that is mounted with respect to said shaft for movement between said upper retainer and said lower retainer; and

(v) a retaining mechanism associated at least in part with said upper retainer member, said retaining mechanism functioning to retain said slidable member in juxtaposition with said upper retainer member until a predetermined force is effected through swinging of said shaft;

(b) employing said swing training apparatus by swinging said shaft; and

(c) receiving feedback from said swing training apparatus regarding the swinging of the shaft.